

ABSTRACT OF THE DISCLOSURE

5 A process of producing cooked noodles packaged for ambient temperature distribution, including the step of heating cooked noodles by direct contact with superheated steam at 120 to 480 kPa or the step of heating comprising the substeps of directly applying superheated steam to cooked noodles intermittently and steaming the noodles by direct contact with saturated steam. The resulting cooked noodle product is preservable for a long time without the aid of additives and yet keeps a pleasant texture.